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'Undesirables'

METRO EXCLUSIVE

Leaked email shows how police refer to sidewalk cyclists

Jeremy Simes
Metro | Edmonton

An Edmonton Police email leaked to Metro shows the service targeting the 118 Avenue area for scofflaws — including cyclists riding on the sidewalk — and one officer describing the riders as "undesirables."

The document is an email dated Dec. 1, with information such as names and addresses redacted. In it an Edmonton Police Service officer writes to an unknown person: "As you know on 118 Ave, a lot of undesirables ride their bikes (their only means of transportation) on the sidewalk, which people have complained about to police."

They go on to note they have conducted an operation in the area to deal with people "breaking the law."

The leaked email comes to light after police recently ticketed Jorg Schlagheck for riding his bicycle on the sidewalk next to 118 Avenue, in the city's northeast, by Wayne Gretzky Drive.

Schlagheck wonders if police are judging him for choosing to bike — which many marginalized people do to move around — after hearing of the leaked email.

Edmonton Police have downplayed its operation on 118 Avenue.

In an email, EPS spokesman Scott Pattison said the operation appears to be a community action team deployment.

He said Edmonton Police carry out such deployments to address areas in the city that are seeing increases in property and violent crime.

The action is, "Simply additional, focused enforcement initiatives," he said. "Nothing out of the ordinary, though."

But Chris Chan, executive director with the Edmonton Bicycle Commuters Society (EBCS), says it's "extremely disturbing" to read that police refer to some of the city's cyclists as being an "undesirables."

"The bias against people who ride bikes is unacceptable," Chan said. "We've worked with inner-city agencies and EPS, too, on programs for youth and adults to equip them with bikes for health and transportation."

EBCS doesn't condone riding on sidewalks generally, Chan said, adding that's because it's often more dangerous and conflicts with pedestrians.

> **How do you define an undesirable? We're all human.**
>
> Jorg Schlagheck, who was recently ticketed by police

Still, the area Schlagheck got his ticket is tough. "Up until last week, there was only one safe option for bikes travelling past Rexall Place — the sidewalk," Chan said.

Schlagheck said his trust in police has "been a little bit disturbed" after learning about the operation and the "undesirables" phrase.

"How do you define an undesirable?" he asked. "We're all human. Undesirable, to me, means one group of people is lesser than the other. That's wrong."

Chan questioned why police are using "scarce" resources on ticketing cyclists for riding on the sidewalk.

"What's the point?" he asked. "To encourage more cyclists to ride in the middle of 118 Avenue across Wayne Gretzky Drive?"

Edmonton Police have said Schlagheck can fight the ticket, which is something he intends to do.

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Trudeau announces Indigenous Languages Act at Assembly of First Nations event. **Canada**

Rylan Kafara said the lack of shelters on the south side is a problem many experiencing homelessness have to deal with. TIM QUERENGESSER/METRO

Death sparks call for 24-hour shelter

AFFORDABLE HOUSING

Homeless man found dead spurs push for south-side sites

Ameya Charnalia
For Metro | Edmonton

Mark McGowan remembers Richard (Ricky) Jordahl dancing to his music when he busked along Whyte Avenue.

Despite protests from McGowan, he said Jordahl would often toss him a dollar before leaving — even though he was homeless and needed the money more.

A friend informed McGowan that Jordahl was found dead on Dec. 1, in the alley he usually slept in behind H2O Lounge on Whyte Avenue.

The cause of death is unknown, but community members believed Jordahl died from the cold.

His death has reignited calls for more comprehensive services on the south side for those experiencing homelessness.

Rylan Kafara, leader of the inner city recreation and wellness program at both Boyle Street Community Services and the Bissell Centre, said Jordahl's death is a "terrible tragedy."

There are no overnight shelters on the south side, apart from the Youth Empowerment and Support Services shelter for teens, he said.

That makes it difficult for homeless people located away from the downtown core — and many can't cross the river because they run the risk of a $250 fine of getting on the LRT without a ticket, he said.

McGowan said Jordahl preferred staying away from downtown shelters because he feared gang-activity north of the river.

"Unfortunately, just due to the circumstances, folks from the homeless community have found themselves in, it's not an uncommon occurrence," Kafara said.

Edmonton Police Service did respond to inquiries from Metro about the cause and circumstances of Jordahl's death.

Area residents held a memorial service for him last week, remembering Jordahl as a selfless, smiling, cheerful man, McGowan said.

"He'd always bring a smile to your face, or he'd tell a joke or do something funny, or do a little dance and make you laugh," he said. "He barely had anything and he'd still give."

Although there are winter warming centres and drop-in agencies across the city, there is a need for more 24-hour shelters and affordable housing, Kafara added.

"There's a serious lack of supportive and affordable housing in Edmonton and the real concern is getting people into a house," he said. "That's the big thing — a safe place that people can call their house is very important."

INVESTIGATION

Police arrest hate crime suspect after alleged threat at train station

Kevin Maimann
Metro | Edmonton

Police have arrested a man suspected of committing a hate crime at an LRT station.

On Nov. 8, a man allegedly approached two young women wearing hijabs, fashioned a noose in a rope he took from his pocket and said it was meant for them. Investigators said the man then sang O Canada in front of the women, who were waiting at the University of Alberta LRT station.

Police announced Tuesday they had a suspect in custody. A hate crime charge is possible.

Many questioned why police reported the incident nearly a month later. But the University of Alberta contacted police about the incident weeks later, according to EPS spokesperson Scott Pattison. "Immediately, within an hour, hate crimes was adding it to their list. They were investigating and interviewing the complainants," he said.

Investigators released a still taken from a video at the station and asked for the public's help in finding the suspect, believed to be in his 60s.

In September, a dozen racist posters targeting turban-wearing Sikhs were discovered on campus at the University of Alberta, including one at the university's main library. The university removed the posters, which featured a picture of a Sikh man, profanity about turbans and a statement calling on people from third-world cultures to leave.

In October, Edmonton police asked the public for help in finding those responsible for anti-Islam flyers dropped off in mailboxes in several neighbourhoods.

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An unnamed Alberta temporary foreign worker. TORSTAR NEWS SERVICE

Labour trafficking a big problem here

HUMAN RIGHTS

Temporary foreign worker program often abused: Report

Kevin Maimann
Metro | Edmonton

Labour trafficking is prevalent in Edmonton thanks to "systemic abuse" of the temporary foreign worker program, according to a new report from the Action Coalition on Human Trafficking.

ACT Alberta is calling for immigration and criminal justice reform, after the report shed light on the working and living conditions of exploited workers.

"While we know not all businesses that employ migrant workers are trafficking them, we do know there are popular business in this city that are benefiting from trafficked labour," said ACT Alberta executive director, Andrea Burkhart.

Some migrant workers trafficked in Edmonton come through the student or visitor programs, but most come through the low-wage TFW stream and work in hotels, construction, cleaning or the service industry.

Alberta has the most temporary foreign workers per capita of any province in Canada, and Burkhart said referrals to ACT double every year.

Trafficked workers are paid little or no money.

In some cases employers will accompany them to the banks while they deposit their cheques, then force them to turn their money over — so Canadian Revenue Agency records will still show they're being paid, Burkhart said.

Some are forced into "deplorable" living conditions — Burkhart said some reported living in an apartment with 10-12 people sharing one bed.

Employers use deceit, monitoring, isolation, fear, and threats to family members back home to control workers, who often have large debts to pay off and are not aware of protections available in Canada, she said.

"They don't know where to go for help, they don't know if anybody even cares about what's happening to them," Burkhart said.

ACT is calling for more open work permits that don't tie temporary foreign workers to a specific employer, and more resources for punishing traffickers, among other recommendations.

ENERGY-EFFICIENT HOUSING

Blatchford development gets OK

Jeremy Simes
Metro | Edmonton

Blatchford reached a milestone Tuesday, as councillors on the executive committee approved a plan that lets development restart.

The plan, which requires council approval Thursday, could see the city spend up to $19 million to start the first phase of the district energy system, which is planned to distribute energy to multiple buildings via heat from the sewer, ground or sun.

The $19 million would initially come from tax-supported debt, but Mayor Don Iveson said the city expects to recover those dollars through utility fees.

"It would only be an issue for the taxpayer is something goes catastrophically wrong," he said.

Council delayed Blatchford in May so that they could seek funding from the province and the federal government.

When complete it is expected to become home to 30,000 residents living in a community that uses nearly 100 per cent renewable energy.

This new phased plan, lets the district system adapt to future technologies because it won't all be built at once, according to David Dodge, co-chair of the city's energy transition advisory committee.

"The solutions we think are perfect today won't be the same 10 years from now," he said.

But the committee also heard that up to five per cent of Blatchford could be home to off-the-grid houses, though it vary depending on market demand.

Known as passive homes, the off-the-grid units are "super-insulated" and require 10 per cent of the energy of a normal house, Dodge said.

The city intends the District Energy Sharing System to be a public utility and the city will conduct a screening process for a P3 model in terms of design, build, maintenance, finance and operations. The city expects residents to move in by 2019.

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RACE ISSUES

Dutch tradition of 'Black Pete' sparks controversy

While one Edmonton bakery has sparked controversy by having 'Black Pete' be part of its Sinterklaas celebrations, at least one Edmonton church with Dutch connections has broken with tradition to avoid offending people.

Irene Apon said the annual party at Emmanuel Community Church went off without a hitch this year. Sinterklaas, the equivalent of Santa, arrived, surrounded by three attendants dressed in orange, black and purple suits.

But Sinterklaas's traditional sidekick, Black Pete (or Zwarte Piet) was not there.

Many say the character is akin to blackface.

The character sparked controversy in Edmonton this week, after Dutch Delicious bakery celebrated the holiday using the tradition.

According to tradition, Black Pete is a Moor from Spain, and is portrayed by people wearing blackface make-up, often with dark wigs and red lipstick.

Critics say that white performers using makeup to dress as black people is widely considered offensive in Canada.

Apon said her church has Dutch roots, which made the change difficult for some. But, she said, the church decided last year they could still have a fun party without the controversy.

"If we wanted to change the English Santa's elves and portray them without pointy ears little kids wouldn't know the difference," she said. "The kids are just enjoying the Sinterklaas."

Apon said the church decided to get rid of Black Pete last year.

While Apon said not everyone agrees that Black Pete is offensive, she added the church wanted to be sensitive to those who did.

She also said they wanted the new generation of kids to get to know Sinterklaas without the controversy.

"We had a great party, and that's the main thing."

ALEX BOYD/METRO

Throwing a frisbee is a bit harder on skates, says Frisbee Rob.
MARC CHALIFOUX/CONTRIBUTED

Female Frisbee champ wanted

SPORTS

Can you skate fast and throw far? It just might be you

Alex Boyd
Metro | Edmonton

If you're a woman who can skate fast and throw a Frisbee far, read on.

Rob McLeod holds six Guinness World Records for things with Frisbees — and he's now looking for a female Frisbee phenom to join him in some record smashing at this year's Silver Skate Festival in Edmonton. McLeod, also known as Frisbee Rob, has built a career chasing after records, like the longest throw caught by a dog — his record is 402 feet — and the number of drink cans hit by a Frisbee in one minute. He got 28. But McLeod said there aren't a lot of women going after those same Frisbee records.

"For anybody coming to watch I want them to know that it's not just a guy that can do it, a woman can get these records," he said.

Ultimate Frisbee is a co-ed sport played by lots of women, he said, and when he visits schools he meets lots of girls excited about Frisbee sports.

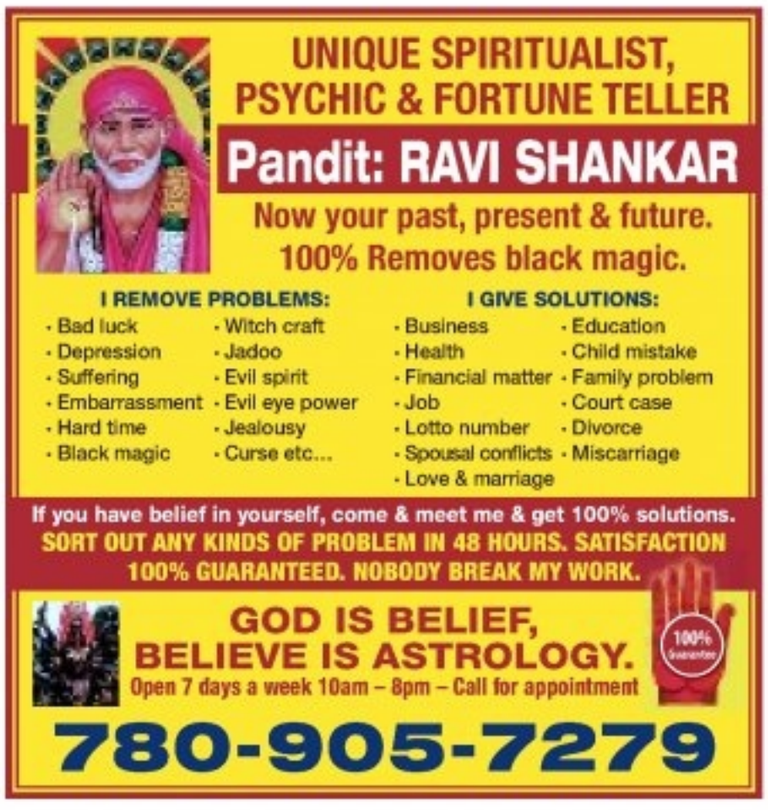
For the last couple of years McLeod has appeared at Edmonton's Silver Skate Festival in February.

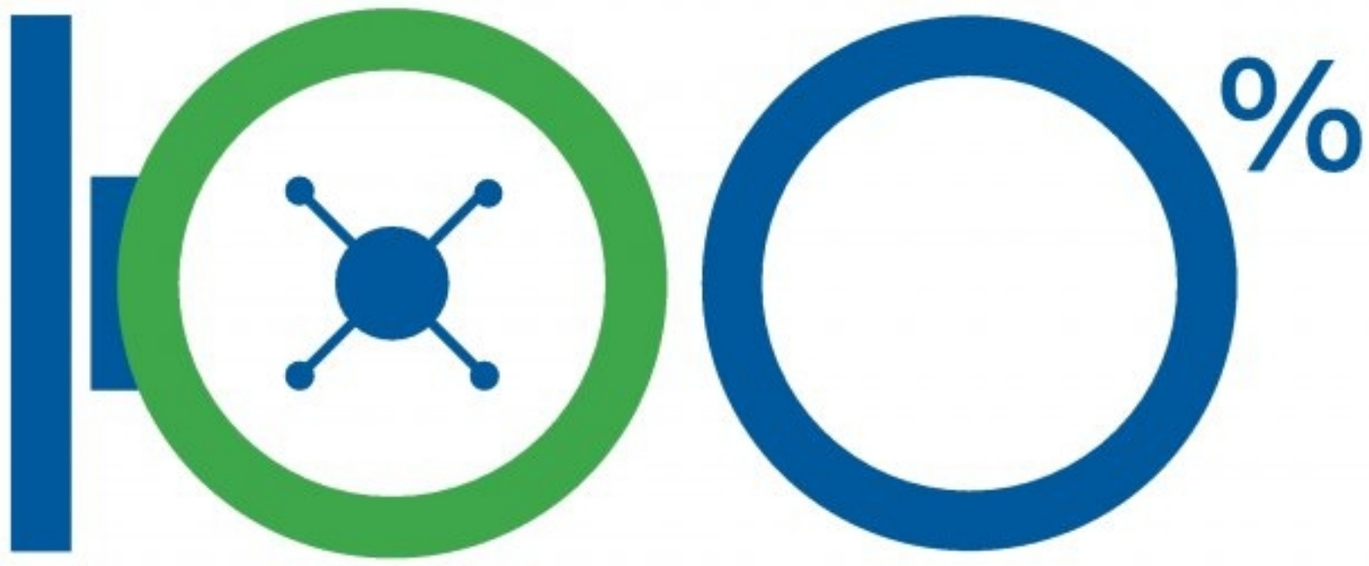
Last week he put out a message on his Facebook page looking for a woman to join him.

"I'm looking for a women who's interested in setting (a record)," he said. "All you have to do is come out and do this and you'll have six world records."

McLeod has set his sights this year on a category known as Self Caught Flight, where you throw a Frisbee, skate really fast, then catch it. There's a record for the amount of time the disc is in the air, and another one for the distance a competitor skates before catching it. A third category combines both. Both Guinness and the World Flying Disc Federation tally records, which is how you arrive at six records, he explains.

This year's Silver Skate Festival is happening Feb. 10 to 20, in Hawrelak Park.





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City aims to up open data

TECH

Information from 311, health services could be used

Jeremy Simes
Metro | Edmonton

The city's open data manager says Edmontonians could see a new app next year that keeps them up to speed on which city roads have been cleared of snow.

Wendy Gnenz, branch manager with the open data unit, said the city will release more data next year, which will allow developers to build apps like the one described.

But the city's next hurdle is to release all data linked to its 311 complaint service.

Councillors with the city's executive committee discussed administration's open data efforts Tuesday, and heard that some barriers involve how staff enter numbers into computers.

For instance, the second-biggest complaint via 311 is unploughed roads, according to Gnenz.

But the biggest complaint, she said, were buses being late. The city recently tackled that issue, partnering with app developer Transit — which used the city's data — so that commuters could get real-time information on the location of their buses.

Wendy Gnenz says the city is working on releasing more data linked to 311. JEREMY SIMES/METRO

But not all has been rosy for citizens looking for information.

Troy Pavlek, who is running for council next year, said the city has been late on requests and is hardly communicating.

"I get no communication whatsoever on these requests I've made," he said. "I have yet to ever receive (an automated reply) and I've submitted about 30 requests."

Gnenz argued staff direct citizens to the province if data requests aren't under the city's jurisdiction, adding the vast majority of information is released.

Administration also plans to partner with Alberta Health Services on data that relates to people's health.

Mayor Don Iveson suggested such information could be used to determine Edmonton's health care needs.

"If that helps the provincial government control health care costs, then all of the sudden we're bringing them solutions and helping, rather than just coming with our hand out which is sort of the traditional approach of local government," he said.

CONSUMER PROTECTION

Auto sales regulator boss sacked

The Alberta government is replacing the head of its auto sales regulator after a review found multiple problems, including a multimillion-dollar compensation fund with almost no payouts.

Service Alberta Minister Stephanie McLean confirmed John Bachinski is being replaced with an interim CEO at the Alberta Motor Vehicle Industry Council, also known as AMVIC.

"I'm very concerned with the report's finding that the compensation fund is at the $4-million cap but has paid out almost nothing to consumers," McLean said.

AMVIC is an independent agency that reports to the government and helps protect consumers from unscrupulous practices when they are buying or checking automobiles.

Those who are wronged can apply for relief from a compensation fund.

But a report into AMVIC's operation, done by an outside analyst at the request of the province, found that little was done to advertise the fund and those who applied faced hurdles and red tape. THE CANADIAN PRESS

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'Together and forever'

TRAGICALLY HIP

Indigenous leaders pay tribute to ailing Gord Downie

AFN Chief Perry Bellegarde is embraced by Tragically Hip frontman Gord Downie after a ceremony honouring Downie in Gatineau, Que., Tuesday. THE CANADIAN PRESS

A frail-looking Gord Downie wept openly, wiping tears from his eyes, as indigenous leaders paid tribute to the ailing Tragically Hip frontman Tuesday for his efforts in forcing Canada to confront the legacy of residential schools.

Prime Minister Justin Trudeau stood nearby and watched as Downie, who has been diagnosed with a rare and incurable form of brain cancer, was honoured in a ceremony during the Assembly of First Nations special assembly in Gatineau, Que.

Trudeau, who has long championed a new relationship with Aboriginal Peoples, was there to unveil plans for an Indigenous Languages Act in hopes of preserving and revitalizing First Nations, Metis and Inuit languages in Canada.

Downie's Secret Path solo project honours 12-year-old Chanie Wenjack, who died in 1966 after running away from a residential school near Kenora, Ont. Proceeds from the album and graphic novel are being donated to the National Centre for Truth and Reconciliation at the University of Manitoba.

During a solemn and touching ceremony, Downie was given an eagle feather and swaddled in a star blanket, and also showered in indigenous gifts such as moccasins and blankets. He was anointed the "Man Who Walks Among the Stars."

In brief remarks, a visibly moved Downie acknowledged Canada's 150th anniversary celebrations next year, expressing the hope that the next 150 years will be better for all indigenous Canadians.

"It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one," Downie said. THE CANADIAN PRESS

Trudeau introduces the Indigenous Languages Act

Prime Minister Justin Trudeau says the government will introduce an Indigenous Languages Act.

Trudeau made the announcement during a special assembly of First Nations leaders.

The act was co-developed with indigenous people and has the goal of preserving, protecting and revitalizing First Nations, Métis, and Inuit languages.

Trudeau says Canadians are working in unison to correct historical wrongs and to deal with the intergenerational trauma of indigenous people.

Trudeau remains under pressure from indigenous leaders to address the level of funding of child welfare services on reserves in the wake of a ruling from the Canadian Human Rights Tribunal.

THE CANADIAN PRESS

POLITICS

Premier calls for respect of officials

Premier Rachel Notley says chants of "Lock her up" at a rally protesting her plans for a carbon tax reflect the views of extreme groups of people who have migrated to both conservative parties in the province.

Notley says that should be concerning to both the Wildrose and Progressive Conservative parties because people who are democratically elected shouldn't be confronted with threats of being jailed.

Notley made the comments in Vancouver, where she has been selling the federal approval of the Trans Mountain pipeline expansion between Edmonton and Burnaby, B.C.

Wildrose Leader Brian Jean spoke at a weekend rally against the tax, and at one point, when federal Conservative leadership candidate Chris Alexander referred to Notley, the crowd began chanting: "Lock her up! Lock her up!"

Notley says she knows with "complete conviction" that such views don't reflect the vast majority of Albertans or Canadians and are not a sign of Trump-style politics coming to Canada.

The refrain was often heard at Donald Trump's campaign rallies when he accused opponent Hillary Clinton of destroying email evidence in a congressional investigation. THE CANADIAN PRESS

Tory hopeful feels the heat

Colin McNeil
Metro | Toronto

Hours before the Conservative Party of Canada's second leadership debate on Tuesday, one PC hopeful found himself in hot water for a post on social media.

Brad Trost, a Saskatoon MP, tweeted "Wanted to be there w my friend @calxandr supporting Albertans would've chanted w them #cpcldr #LockHerUp."

Some were quick to point out Trost's comments come on Canada's National Day of Remembrance and Action on Violence Against Women, marking the anniversary of the 1989 murders of 14 women in Montreal.

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Social media targets terror propaganda

TECHNOLOGY

Platforms increasingly a tool for recruitment

Facebook, Microsoft, Twitter and YouTube are joining forces to more quickly identify the worst terrorist propaganda and prevent it from spreading online.

The new program announced Monday would create a database of unique digital "fingerprints" to help automatically identify videos or images the companies could remove.

The move by the technology companies, which is expected to begin in early 2017, aims to assuage government concerns over social media content that is seen as increasingly driving terrorist recruitment and radicalization, while also balancing free-speech issues.

Technical details were being worked out, but Microsoft pioneered similar technology to detect, report and remove child pornography through such a database in 2009.

> **We really are going after the most obvious serious content.**
> Sally Aldous

Social media has increasingly become a tool for recruiting and radicalization by Daesh and others. Its use by terror groups and supporters has added to the threat from so-called lone-wolf attacks and decreased the time from "flash to bang" — or radicalization to violence — with little or no time for law enforcement to follow evidentiary trails before an attack.

Under the new partnership, the companies promised to share among themselves "the most extreme and egregious terrorist images and videos we have removed from our services," according to a joint announcement Monday evening.

When such content is shared internally, the other participating companies will be notified and can use the digital fingerprints to quickly identify the same content on their own services to judge whether it violates their rules. If so, companies can delete the material and possibly disable the account, as appropriate.

"We really are going after the most obvious serious content that is shared online — that is, the kind of recruitment videos and beheading videos more likely to be against all our content policies," said Facebook spokeswoman Sally Aldous.

THE ASSOCIATED PRESS

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MIDDLE EAST SYRIAN GIRL TWEETING FROM ALEPPO FLEES HER HOME Young Syrian girl Bana al-Abed, who with the help of her mother had been posting heartrending tweets in English on life in the besieged eastern districts of Aleppo, uses a smart-phone to check her Twitter account in her home in east Aleppo, on Oct. 12. The seven-year-old, whose Twitter account gained international attention, has fled her home amid heavy fighting, but she and her family are safe for now, her father said Tuesday. AFP/GETTY IMAGES

GLOBAL DIGEST

CALIFORNIA

Death toll remains 36 in Oakland warehouse fire

As crews searched the Oakland warehouse for more bodies, the founder of the arts collective stood near the gutted building Tuesday morning and said he was "incredibly sorry" and that everything he did was to bring people together.

The death toll remains at 36, with officials saying that no additional bodies were recovered.

THE ASSOCIATED PRESS

NORTH DAKOTA

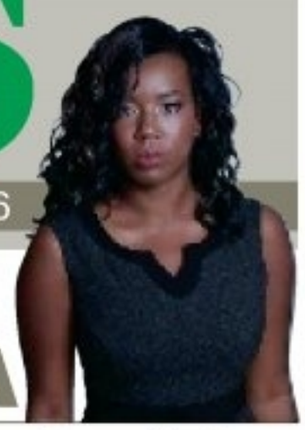
Pipeline protesters weather storm

Some protesters who have been fighting the Dakota Access pipeline retreated to a nearby casino and area shelters overnight as a blizzard blew through, but many remained at a camp in southern North Dakota, according to protest organizers who say they're committed to maintaining the camp through the winter.

The storm brought more than half a foot of snow, wind gusts exceeding 50 mph and temperatures that felt as cold as 15 degrees below zero.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Wednesday, December 7, 2016



JESSICA ALLEN ON FAKE NEWS IN LIBERAL LAND

I had assumed that 'post-truth' wasn't for people who watch art films and read the Guardian. I was wrong.

Like most liberals, I had assumed that "post-truth" was a phenomenon confined to American conservative news organizations and the dot-org universe of people who still cannot fathom why the third tower fell — something for people who believed that an unscrupulous billionaire could be a champion of the poor. Post-truth wasn't for people who watch art films and read the Guardian.

I was wrong.

On Saturday afternoon, while Simon and I drove home after buying a Christmas tree, I checked Twitter.

"Whoa," I said, "apparently that woman from Last Tango in Paris…"

"Maria Schneider."

"Yes. Apparently Bertolucci and Brando didn't tell her about the butter scene. Wait. People are saying she was actually raped on camera. Was she?"

That scene, in which a stick of butter is used as lubricant before Marlon Brando's character sodomizes Schneider's, was one of many in the controversial 1972 film that led to international protests and a ban in Italy. It also helped earn Academy Award nominations for Bernardo Bertolucci, the director, and Brando, while Schneider, who struggled with the unexpected media attention, battled drug addiction and depression.

The link I clicked on came from Elle. The headline read: "Bertolucci Admits He Conspired to Shoot a Non-Consensual Rape Scene in 'Last Tango in Paris,'" which is just as confusing as the headline from Yahoo UK, whose story Elle aggregated. Yahoo's reportage hinged on a 2013 video, released this November, in which Bertolucci expresses guilt over how he and Brando came up with the scene the morning before shooting. They decided not to tell Schneider, who was 19 years old, "because I wanted her reaction as a girl, not as an actress," he said. "I wanted her to react humiliated."

What Bertolucci actually did was horrible and abusive … so why overstate the case?

And she was: "I felt humiliated and, to be honest, I felt a little raped, both by Marlon and by Bertolucci," Schneider herself told the Daily Mail in a 2007 interview. Yahoo referenced this line as well as Schneider's clarification that "even though what Marlon was doing wasn't real, I was crying real tears."

Elle omitted the latter detail, but they did include a content warning at the top of their story ("This article contains disturbing stories of rape and assault.") Hence what happened next: social media mayhem. Those who read Elle's story, or just the headline, concluded that Schneider had actually been raped on camera. Jessica Chastain tweeted, "To all the people that love this film- you're watching a 19yr old get raped by a 48yr old man. The director planned her attack. I feel sick." It's been retweeted 16,000 times. And those who attempted to correct the narrative were labelled rape apologists.

On Sunday, the Guardian published a piece by Melissa Silverstein. "This was rape where she was penetrated by a stick of butter," she wrote. "They actually took a prop and forced it inside her." Silverstein referenced the 2007 Daily Mail interview, having evidently not read it ("what Marlon was doing wasn't real") and then wrote an essay about rape culture in Hollywood whose thesis seems to be: rape is rape, even if it isn't actually rape.

TORRID AFFAIR Marlon Brando and Maria Schneider in Last Tango In Paris. UNITED ARTISTS/THE ASSOCIATED PRESS

On Monday, after New York-based journalist Mark Harris tweeted a link to a piece from The Wrap that set the record straight, he noted that Schneider "took pains to explain that it was an acted scene to prevent this exact misinterpretation." Schneider says in the Daily Mail interview that she was told about the scene the morning they shot it; admits that she liked her work in the film; that the best experience was her "encounter with Marlon"; that Bertolucci "is overrated"; and that she now enjoys simple pleasures. "'I like to see friends and go to the market and cook. But I never use butter to cook an more,' she laughs. 'Only olive oil.'"

What Bertolucci actually did was abusive and horrible. More horrible than Dustin Hoffman taunting Meryl Streep about the recent death of her partner John Cazale in order to fire her up before shooting an intense scene in Kramer vs. Kramer. More horrible than Alfred Hitchcock throwing ravens, doves and pigeons for five days at Tippi Hedren during filming of The Birds. So why muddle the facts?

Finally, on Monday, Bertolucci issued a statement: "I would like, for the last time, to clear up a ridiculous misunderstanding." He says "Maria knew everything because she had read the script, where it was all described. The only novelty was the idea of the butter."

Objective facts, those things somberly invoked by the people at the New York Times (who failed to fathom Trump) and the Guardian (who in their smug certainty missed Brexit), have been assailed by a media culture that treats tweets as news and by a public comfortable getting news from Chris Evans, who tweeted that Bertolucci and Brando "should both be in jail." (Does he know that Brando was granted immunity the day he died?)

Some years before Twitter, Yeats wrote: Things fall apart; the centre cannot hold; / mere anarchy is loosed upon the world."

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

In assessing the far right, we need to acknowledge male mental health

While the ideologies of Islamist terrorists groups and white supremacists are worth deconstructing, part of their rise can also be explained by how they prey on loneliness, depression and isolation. In men, especially, our failure to address mental health can have dangerous effects.

Research by Beyond Blue, an Australian mental health organization, found that 25 per cent of men felt they don't have anyone outside of their immediate family to talk to; 41 per cent reported having one or two to talk to.

Jesse Hayman, director men's health promotions at Movember, told me, "If the first time a man is speaking about a mental health situation is with their doctor, then we've done something wrong." Experts find that social connectedness is not something men value. Cultural maxims on what "real men" do (and don't do, e.g., cry) then reinforce male isolation.

Isolated in the three-dimensional world, vulnerable men are finding digital spaces ready to exploit that vulnerability. The new vogue for ultra-right-wing conservatism mixed is the latest evolution of the Internet's "manosphere."' This space comprises oft-overlapping Internet groups like men's-rights activists, pick-up artists, Gamergate's misogynists and Reddit's Red Pill.

After the election of Trump, analyst Siyanda Mohutsiwa tweeted: "If people followed the alt-right groups on Reddit, they would know that young white Americans were told to hide their support of Trump."

The so-called alternative right aren't the only ones to insist followers keep a strict, potentially alienating divide between their public and political lives. As part of its recruiting plan, Daesh — commonly called ISIS — encourages recruits to live parallel lives. Most of the group's recruits are young and male. The group advises converts from the West to keep their new identities quiet lest they be suspected of radicalization.

Both online predators and cults use this method of asking others to be silent in their deceit. Still, this is little comfort for friends and family who suddenly find a man in their life is espousing hateful views.

Extremist groups offer a sense of belonging, community and purpose that belies their regressive and violent philosophies. It's an especially alluring offer for men who suffer silently with mental health issues. And when it comes to male mental health, we have a fuzzy picture. We know, for example, that men commit 80 per cent of suicides but that their reported rates of depression do not correlate.

Predatory groups with violent ideologies are stepping in to fill this gap. With better diagnosis and treatment, we could pre-empt the troubling and isolating behaviours that, as we're seeing, precede violent behaviours.

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metro LIFE

Your essential daily news

Poland's top court upholds refusal to detain and extradite filmmaker Roman Polanski to the U.S.

Dispelling myths about protein

HEALTH

We can only metabolize so much per meal: dietician

Genna Buck
Metro

In the diet battles of the past few years, fat, sugar and carbohydrates have all taken hits to their reputations. Only protein came out looking like a champion.

Protein is hailed in fitness magazines and websites for its ability to help you stay lean, feel full and build muscle.

And that's all true. But the benefits don't continue going up the more protein you eat, says Ottawa dietician Helene Charlebois.

Despite what body builders and fad dieters knocking back protein-loaded shakes might tell you, "The newest research, from the University of Texas, shows we can't metabolize more than about 20 or 30 grams of protein per (meal)," Charlebois said.

And the rest? "Anything you eat in overabundance changes to fat and gets stored."

The marketplace hasn't got the message: According to research firm Euromonitor International, protein bars and powders take up a large and growing share of the "sports nutrition" category. Sales of such products in Canada were forecast by Euromonitor to grow by approximately $53 million to $311 million between 2013 and 2018.

Demand has also spiked for packaged foods with added protein and trendy plant-based proteins like pea and hemp, Euromonitor says. But, "Consumer awareness of recommended intake could pose a long-term threat" to growth.

Translation: People could realize they don't actually need hundreds of grams of protein a day.

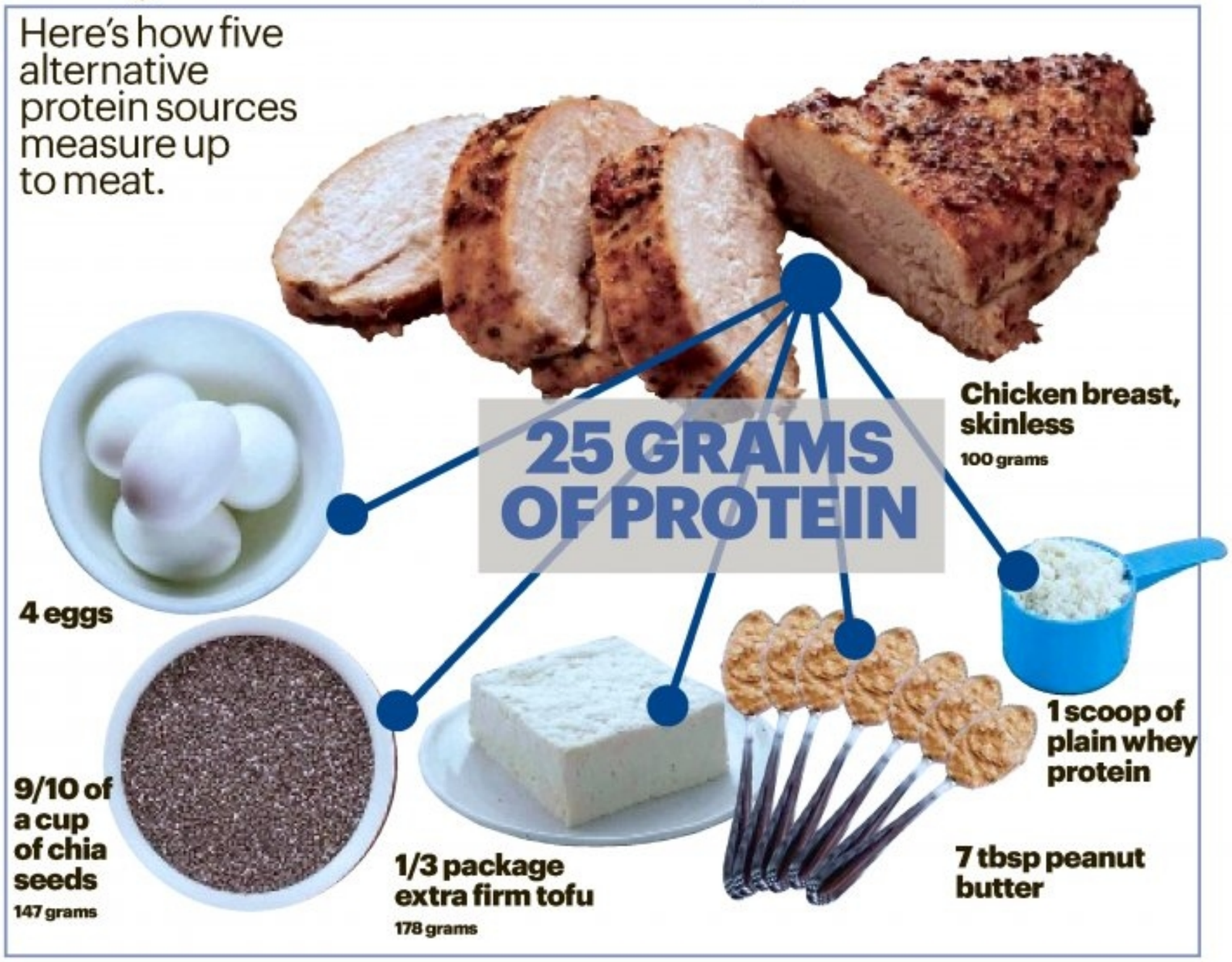
According to Health Canada, close to 100 per cent of Canadian adults manage to get the minimum protein they need, which is defined as the recommended dietary allowance of 0.8 grams of protein per kilogram of body weight.

For a 150-pound person, that's at least 54 grams per day; more if you're very active, pregnant or nursing.

Charlebois has a couple tricks for making the most of your protein intake:

- Spread out high-protein foods throughout the day to maximize what you absorb.
- The amino acid leucine, abundant in dairy products, is the best for building muscle.

Here's how five alternative protein sources measure up to meat.



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You don't know Jack!

Why Jack Nicholson will live forever

Few actors have ignited every decade of their career with re-invention and award-winning performances like Jack Nicholson. From his humble beginning in Roger Corman movies in the '60s to his 12 Oscar nominations across five decades, Nicholson has always found a new way to connect with audiences.

Although he started his career as a writer in the 1960s, Nicholson's big acting break came at the end of the decade when Dennis Hopper brought him on as a last-minute replacement for Rip Torn in 1969's Easy Rider. After his electric performance netted him a Best Supporting Actor Oscar nomination, there was no turning back.

In the 1970s, Nicholson crafted some of the decade's most iconic roles. Five Easy Pieces, The Last Detail and Chinatown were instant cinema classics, but it was his work in 1976's One Flew Over the Cuckoo's Nest that finally won him a Best Actor Oscar. The role packed an extra punch as Nicholson, an icon of '60s rebellion, was torn apart by the repressive forces of the '70s.

Though Nicholson started the '80s displaying his terrifying intensity in movies like The Shining and The Postman Always Rings Twice, it was his lighter side that connected as he entered middle age. The levity he added to Terms of Endearment earned him his second Oscar, and he continued to channel his manic comedic energy into roles throughout the decade in films like The Witches of Eastwick, Broadcast News and Batman.

By the '90s, Nicholson was a master of his craft, switching from intense roles like Col. Nathan Jessup in A Few Good Men to his Oscar-winning comedic performance of the wounded Melvin Udall in As Good As It Gets. Nicholson continued to prove his versatility in the 2000s, getting laughs in Something's Gotta Give, while still terrifying audiences in Martin Scorsese's The Departed.

Rediscover Jack Nicholson's biggest hits and critically acclaimed performances. The Hollywood Suite free preview is on now until Jan. 5! Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch a Jack Nicholson double bill of The Witches of Eastwick and The Postman Always Rings Twice tonight on Hollywood Suite, and tune in during the free preview for more Nicholson classics including Five Easy Pieces (1970), The Shining (1980), A Few Good Men (1993) and Something's Gotta Give (2003). Learn more at hollywoodsuite.ca/freepreview.

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Nutella-stuffed cookies

HOLIDAY BAKING

Satisfy any sweet tooth with this easy recipe

There's nothing wrong with the easy three-ingredient cookie recipe on the Kraft label, but how about we step it up by creating a gooey Nutella filling? Adapted from Handle The Heat blog, these large cookies will satisfy any sweet tooth.

Nutella-stuffed Peanut Butter Cookies
Make about 20 cookies

Cookie tip: When making cookies with surprise centres (be it Nutella or jam), chill the filling beforehand so it doesn't ooze into the dough and make a mess.

Ingredients:
- 1-379 g jar of Nutella
- 1 cup (250 mL) room temperature unsalted butter
- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) creamy peanut butter
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour

These Nutella-stuffed peanut butter cookies are sure to satisfy your sweet tooth this holiday season. TORSTAR NEWS SERVICE

Directions:

1. Place jar of Nutella in freezer.

2. In a stand mixer with a paddle attachment on medium speed, cream butter, sugars and peanut butter until smooth and fluffy. Add eggs and vanilla. Continue to mix until smooth and fluffy.

3. In a small bowl, dissolve baking powder in hot water. Add mixture to batter. Add salt. Continue to mix until well-incorporated.

4. Reduce mixing speed to low. Add flour slowly and mix until just combined.

5. Scoop 2 tablespoon-sized dough balls on a lined baking sheet. Cover loosely with plastic wrap and refrigerate for 30 minutes.

6. Prepare two baking sheets lined with parchment paper or silicone baking mats.

7. Remove dough from fridge and flatten to about 1-cm thickness with back of flat spatula.

8. Remove Nutella from freezer. Scoop 1 teaspoon of chilled Nutella and place in centre of a flattened dough ball. Form dough around Nutella, creating a ball and sealing Nutella in centre. Flatten again with back of spatula to about 1-cm thickness. Using back of fork. Repeat with remaining dough.

9. Transfer cookies to baking sheet. Bake at 350F (175C) for 20 to 25 minutes or until the edges begin to turn golden-brown. Remove from oven and let rest for 5 minutes before transferring to wire rack to cool completely.
Store in an airtight container for up to a week for freeze for up to a month.

ANIMAL HEALTH

Medical marijuana is going to the dogs

Genna Buck
Metro

Thanks to easy access at the dispensaries popping up on every street corner, city-dwellers across Canada are turning to marijuana to soothe their creaky old bones.

And if it works for you, why not for an elderly or ailing pet?

Tamara Hirsh, owner of Pacifico, stocks Apawthecary brand marijuana-infused dog treats and tinctures at her dispensaries in Toronto and Hamilton, Ont.

She claims there are no side effects.

"You can really take any dose," she said. "We recommend you start low and go slow."

"It works a lot like it does in people," for seizures, pain and arthritis, Hirsh said. "It's instant relief. We can barely keep it on the shelf."

Half a dropper of the tincture contains 120 mg of cannabidiol, or CBD, one of the major active compounds in marijuana. That's roughly the same dose a human using the drug for insomnia or epilepsy would take.

The doggie products don't have THC, the chemical responsible for marijuana's high. CBD is not mind-altering, and some studies have shown it helps ease anxiety, seizures and nausea.

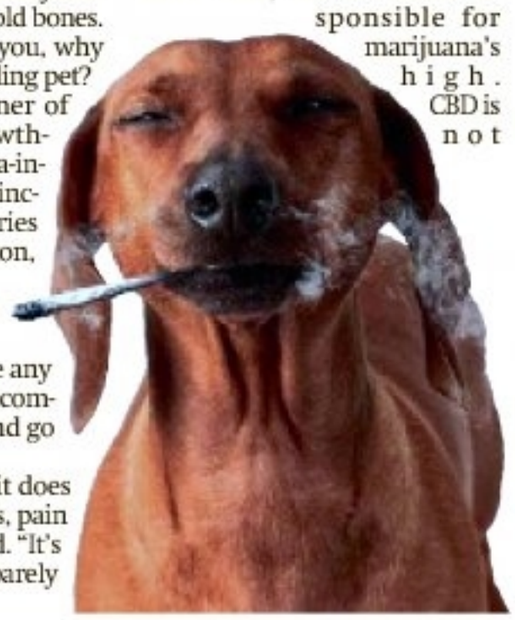


PHOTO ILLUSTRATION BY ANDRES PLANA/METRO

WARNING

If you're going on anecdotes and Internet testimonials that marijuana is great for pooches' pain and other complaints, think again. Experts don't recommend it.

CBD also has fewer side effects than THC, but they're poorly understood. And like most medications, it's toxic in high doses. Animal studies suggest the danger zone is anything above 30 mg of CBD per kilogram of body weight.

But we don't know — and that's the problem, explained Dr. Kathleen Alcock, a veterinarian at the Downtown Animal Hospital in Toronto.

Alcock has a longstanding interest in pain medicine and is looking into how she could be able to dispense medical marijuana to pets. However, the College of Veterinarians of Ontario does not currently allow it.

She was also firm about feeding Fido products from a dispensary: Don't do it.

"This is not a do-no-harm thing," she said. "It certainly shouldn't be sold over the counter."

Alcock said she sees about one case of marijuana poisoning per month. Cats and dogs are "exquisitely sensitive" to cannabis, and she said they get twitchy and "sedated to the point of respiratory failure" after getting into their human's stash. Even one cookie or one joint can cause serious problems.

It's not clear what chemical – CBD, THC, or something else – is causing these effects, Alcock added: "The answer is, we don't know. The studies haven't been done."

Can't stop the beat with Hairspray Live telecast

EQUALITY

Musical boasts strong themes 'that can be really healing'

From left, Maddie Baillio as Tracy Turnblad, Jennifer Hudson as Motormouth Maybelle, Harvey Fierstein as Edna Turnblad during a rehearsal for Hairspray Live!, airing tonight. HANDOUT

In the steadily escalating battle of the TV musicals, NBC's Hairspray Live! is the most ambitious contender yet.

It's got a deep bench of stars, including Kristin Chenoweth, Jennifer Hudson, Ariana Grande and Martin Short. It boasts strong themes of racial equality, tolerance and self-acceptance. And it has the outsized, joyful talents of Harvey Fierstein as writer and actor, reprising his Tony Award-winning role as Edna Turnblad.

Executive producer Neil Meron also counts the TV musical's timing as a bonus, calling it impeccable despite its 1960s setting and roots in John Waters' 1988 film and, more directly, in the 2002-09 Broadway musical with Fierstein.

"People already were excited about it, but after the election they were saying, 'Boy, do we need this now,'" Meron said recently on a Universal Studios set as the cast rehearsed I Can Hear the Bells for tonight's telecast (8-11 p.m. EST).

With the country in a "divisive place," he said, viewers are eager for entertainment "that can be really healing."

Hairspray Live! is set in 1962 Baltimore, where The Corny Collins Show is TV's hot dance program and the focus of teen Tracy Turnblad's dreams. When she's chosen to perform and gains instant celebrity, the plus-sized dynamo uses it to fight the show's whites-only rule.

Tracy is played by Maddie Baillio, 20, of League City, Texas, a college student plucked from more than 1,300 hopefuls in an open-casting call for her first professional role. Short plays husband to Fierstein's supportive wife and mother.

The cast includes Derek Hough as Collins; Grande as Tracy's pal Penny; Hudson as record-store owner Motormouth Maybelle; Ephraim Sykes as her son, Seaweed; Chenoweth and Dove Cameron as mean mom-daughter duo Velma and Amber Von Tussle, and Garrett Clayton as Link, Tracy's squeeze. Two former Hairspray Tracys, Ricki Lake (the movie) and Marissa Jaret Winokur (the play), are set for cameo appearances.

Among the catchy songs sure to rattle around in viewers' brains for days: Good Morning Baltimore and You Can't Stop the Beat.

The production is big (55 cast members, 600 costumes, 18 sets) and sprawling, designed to shift between the confines of two Universal Studios soundstages and a variety of backlot locations. It's also got an element of risk, following other recent musicals that aired live to ramp up the excitement factor (and keep viewers tuning into broadcast networks and commercials).

The TV musical competition is both intra- and intermural: The bar for Hairspray Live! was set at varying heights by NBC's Sound of Music, Peter Pan and The Wiz broadcasts. The Wiz aired live in 2015, as did this year's Grease on competitor Fox, and Hairspray plucked its pair of directors, Kenny Leon and Alex Rudzinski, from those respective telecasts. Jerry Mitchell, who choreographed the Broadway musical, also is aboard.

The Hairspray producers have "certainly upped the ante," said Hough. "The people who are part of this, including some who worked on Grease as well, they want to try to top themselves."

Exactly, said Meron, who is producing Hairspray Live! with Craig Zadan. The partners also produced the 2007 movie version of the stage musical, with Nikki Blonsky as Tracy and John Travolta as Edna. THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

The appeal of royal lavishness

THE SHOW: The Crown, S1, E5 (Netflix)
THE MOMENT: The Ballet Scene

Claire Foy and Matt Smith as Queen Elizabeth and Prince Philip in The Crown. HANDOUT

In their elegant rooms, Queen Elizabeth (Claire Foy) and Prince Philip (Matt Smith) are dressing for a formal evening out. She asks him to be chairman of her coronation committee. "I want to make a public declaration of my trust in you," she says.

He's reluctant; he doesn't want to appear unmanly. "There's no need to matronize me," he replies.

The conversation continues in a limousine. "What would it entail?" Philip asks.

"You'd inspire everyone," Elizabeth says. "Lead them."

The limo pulls up at a theatre. Throngs crowd the limo, taking photos.

Inside the theatre, a full audience in luxe evening attire watches a ballerina dance on stage. Philip and Elizabeth converse in their box. "Total control or nothing at all," he says. "Those are my terms."

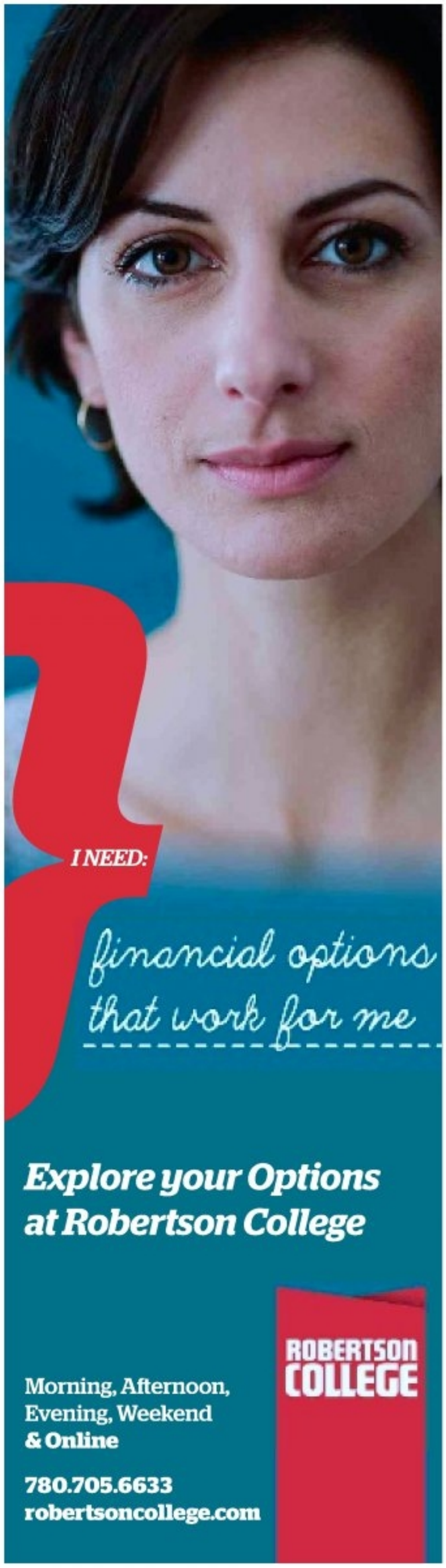
"All right," Elizabeth responds. "But don't go mad."

Talk about going mad! This moment, a domestic power negotiation, could have played out over, I don't know, a breakfast table. Instead, it's split into three scenes, each more fabulously expensive than the last.

It's one thing to spring for a crowd of extras in overcoats to surround a limo. But to dress an entire audience in finery, and have a tutu-clad ballerina performing on stage — as backdrop for two lines of dialog? It's pure lavishness. But it's not a waste, because it serves a function: Whether we're consciously aware of it or not, it adds to our understanding of the luxurious lives of the leads.

You wonder why TV is so great these days? Here's your answer: Money.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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The quintessential crossover

THE CHECKLIST | 2017 HONDA CR-V

THE BASICS

Engine: 2.4L four-cylinder; 1.5L turbo four-cylinder
Power: 184 hp, 180 lb-ft; 190 hp, 179 lb-ft
Fuel Economy (L/100 km): 9.4 city, 7.6 hwy; 8.7 city, 7.1 hwy (4WD)
Price: Starts at $26,500 (est.)

LOVE IT
- Roomy rear seats
- Generous cargo capacity
- Available safety features

LEAVE IT
- Erratic lane departure warning
- 2.4-litre base engine

REVIEW

CR-V brings all the necessary ingredients

Dan Ilika
AutoGuide.com

As far as crossovers go, it doesn't get much more quintessential than the Honda CR-V.

It hit the market all the way back in 1997, long before the term "crossover" was even in vogue, and has quietly dominated ever since. With a new version hitting the market for 2017, it now comes powered by a turbocharged engine in what could be the CR-V's biggest change since Honda scrapped the tailgate-mounted spare tire.

The vast majority of new CR-Vs set to hit dealers will be powered by a turbocharged 1.5-litre. Borrowed from the Civic, the four-cylinder receives a few minor tweaks before serving under the hood of Honda's popular CUV, including a revised turbine and a slightly lower compression ratio.

The benefits of turbocharging a crossover like the CR-V aren't necessarily going to show up on paper, or even at the pumps. Both available engines make a similar amount of power while fuel economy improves only marginally with the 1.5-litre under the hood. Instead, it's how the pair of four-cylinders deliver power, and when they deliver it, that is markedly different.

Setting out on an indirect trek from Monterey, Calif., to San Francisco in a Touring model with all-wheel drive, it was on the highway that the new CR-V showcased its improved drive the most, and not just for its impressive adaptive cruise control.

While a little rigid and truck-like, the fourth-generation CR-V offers a tremendously smooth ride aided by its new suspension that features struts up front and a multi-link setup around back, and fluid-filled bushings at all four corners. Combined with improved cabin quietness, the only complaint on the highway is rooted in a lane departure warning system that can be somewhat erratic, recognizing patched cracks in the asphalt as lane markings and sending a pulse through the steering wheel.Off the highway, the CR-V's car-like steering system proved a worthy companion. Weighted a little heavily, or at least heavier than the last CR-V, the setup is very nimble and easy.

This fourth-generation model brings all the necessary ingredients — turbocharged engine, spacious interior and attractive design — that are sure to keep the CR-V a leader for years to come.

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So you want to buy a used e-car

TIPS

This list will help you avoid buying a lemon

Justin Pritchard
Autoguide.com

Imagine how the auto industry was decades ago.

Automatic transmissions. Fuel injection. Remote door locks. Variable Valve Timing (VVT). These then-revolutionary technologies, after some years, have now become so commonplace that they're no longer given much second thought. But back then, folks probably wondered: would these newfangled gizmos last for the long haul?

Today, as automotive technology advances at ever-increasing rates, shopper skepticism is often leveled at the latest breed of voltage-powered vehicles — whether partially battery-powered like a hybrid or plug-in hybrid, or a fully battery-powered EV.

If you're considering buying a used hybrid or EV, you'll want to consider this list of pre-purchase checks and tips, below.

Owners across numerous brands have reported issues with electronic charge-door release latches. You'll want to make sure that that's working properly if you're buying a used hybrid or electric vehicle. ISTOCK

Software updates

You'll want to make sure the vehicle you're considering has had all applicable software updates installed, by ensuring all service records are up to date, and that the model you're considering has only ever been serviced at its dealer, where software updates are often applied as part of routine inspections or maintenance work.

Check the charging gear

It's easy to overlook, but our research into used EV's and plug-in hybrids has yielded the following advice: check the charge cord, and any associated implements carefully, for signs of damage and excessive wear.

Note that a damaged charge cord can be a safety hazard, or even start a fire, and that even a small rip or tear in the cord's rubber insulation can quickly become a big one. Further, as owners across numerous brands and models have reported issues with electronic charge-door release latches, you'll want to make sure that that's working properly, too.

Check the standard battery

In hybrid cars, the big battery gets all the attention, since it forms the core of the hybrid drive system. But many hybrids have a conventional 12-volt battery and charging system, too, like most other cars, and it may need some attention.

Check the hybrid or EV battery

Depending on the model in question, a dealer technician with special hybrid training and diagnostic equipment may be able to perform a test on the hybrid or EV battery, to ascertain its overall health, and to reveal any problems. Some automakers can perform this sort of test, others can't.

Get it Scanned

In mere minutes, a technician can open a window deep into the inner workings of your potential hybrid or EV's array of complex electronic systems. Using a special tool or scanner to pull up information on various components, and to run various tests, your potential used green-car candidate can be validated for trouble-free operation of its electronics network, potentially revealing issues you, or even the seller, isn't aware of.

IT'S STILL A CAR

Hybrid and EV cars are very different from regular cars, but they're also very similar.

They have brakes, suspensions, climate control systems, tires, transmissions and even engines and fluids, in some cases, that require attention and maintenance.

As such, when focusing on pre-purchase checks and inspections, be sure to have a mechanic check the entire vehicle, and all of its systems, and not just those relating to the hybrid or EV system.

FORD

New Fiesta packs big tech punch

Jason Siu
AutoGuide.com

The next-generation Ford Fiesta has been unveiled and the little hatch will arrive in the North America as a 2018 model year car.

Introduced at a special event in Cologne, Germany, the all-new Ford Fiesta will be available in four variants in Europe: Upscale Vignale, sporty ST-Line, stylish Titanium and Active crossover. Like the new Chevrolet Spark Activ, the Fiesta Active features a high-riding body with crossover styling cues.

Along with a stylish redesign that gives the Fiesta a more mature look, the American automaker focused heavily on the interior and high-tech features.

It continues to be built on Ford's Global B platform, allowing the American automaker to save money on research and development.

It is also the first Ford model to deliver a premium B&O PLAY Sound System, accompanied by a SYNC 3 communications and entertainment system presented on an eight-inch floating high-definition touchscreen.

According to Ford, 20 buttons have been removed from the dash thanks to the new system.

Ford has focused on the interior and high-tech features for the 2018 Fiesta. HANDOUT

Advanced safety features include a new anti-collision system that detects objects more than 130 metres in front of the car, and if the driver doesn't react in time, it will automatically brake to prevent an accident.

It's just one of 15 new driver assistance features on the Fiesta, including Active Park Assist, Blind Spot Information, Cross Traffic Alert and Lane Keeping Assist.

In Europe, there will be a range of turbocharged and naturally aspirated three-cylinder gasoline engines available, as well as a new TDCi model that is the most powerful diesel Fiesta ever.

It will also feature the 1.0-litre EcoBoost, which is the world's first three-cylinder engine to feature cylinder deactivation. Expect to hear details on the North American version of the Ford Fiesta closer to its launch in 2018.

ON THE INSIDE

Interiors

Ford uses soft-touch materials to replace the current rubbery-finished components, while a panoramic glass roof has been added.

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Range Rover gets glamour shots

RACE CARS

Ferrari 488 Challenge revealed

Ferrari has introduced its newest 488 Challenge race car and it looks incredible. Although full details on it won't be announced until later this weekend, the Italian automaker did show off a photo on its Twitter account as well as display it in the flesh at the Finali Mondiali event at Daytona International Speedway in Florida.

JASON SIU/AUTOGUIDE.COM

UPDATES

Android Auto responds to 'OK Google'

A recent update to Android Auto has the software recognizing the "OK Google" voice command. On Android phones and with the feature enabled, users can typically say, "OK Google" like Apple users would say, "Hey Siri" to initiate a voice search or a command, so it's a but puzzling as to why it wasn't available before.

JASON SIU/AUTOGUIDE.COM

RANGE ROVER

'Ultimate Vista' series launches with gallery

Range Rover has released a gallery of photos that show its biggest, baddest off-roader in stunning natural landscapes. The British brand teamed with photographer Jonas Bendiksen for these shots, which are the first in a series called 'Ultimate Vistas.' Each set of photos will feature the Range Rover in "extraordinary landscape photographs," so stay tuned for more great photography. This inaugural set of photos was shot in the Norway, going from the streets of Oslo to the northwest Dovre Mountains and the vast fjords of Geiranger. Future locations for the photo series include the U.S. and China.

STEPHEN ELMER/AUTOGUIDE.COM

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VIDEO GAMES

Latest Gran Turismo looks stunning

The next entry in the Gran Turismo series looks breathtaking. Originally scheduled to be released last month, Gran Turismo Sport is heading to the PlayStation 4 sometime next year. To whet your appetite, Sony released a new trailer during its PlayStation Experience 2016 event in Anaheim, California, and it shows off Polyphony's next racing game in stunning 4K resolution. The latest trailer confirms that the game will support 4K resolution on the PlayStation 4 Pro and it will also take advantage of high dynamic range (HDR) on both the standard PlayStation 4 and PlayStation 4 Pro.

JASON SIU/AUTOGUIDE.COM

Jose Mourinho's agent says the Manchester United manager paid more than 26 million euros in taxes when he lived in Spain from 2010-13

Oilers can't cut it vs. Sabres

NHL

Edmonton coughs up late lead before losing in OT

Rasmus Ristolainen scored from the left circle 57 seconds into overtime, and the Buffalo Sabres beat the Edmonton Oilers 4-3 on Tuesday night.

The Sabres scored twice in a span of 86 seconds, with Evander Kane forcing overtime by scoring with 29 seconds left in regulation. Kane had two goals and Brian Gionta also scored as Buffalo rallied after squandering a 2-0 first-period lead.

TUESDAY In Buffalo

4	3
SABRES	OILERS

Anders Nilsson stopped 34 shots, closing his legs to foil Edmonton star Connor McDavid on a short-handed breakaway in the third period.

Leon Draisaitl, Milan Lucic and Jordan Eberle scored for the Oilers, who improved to 3-0-2 on the road despite the loss. McDavid had two assists.

The five-game point streak is the Oilers' longest on the road since going 5-0-2 from March 6 to April 1, 2012.

The game was decided when Ristolainen played give-and-go with centre Ryan O'Reilly just inside Edmonton's blue line. O'Reilly passed to Ristolainen atop the left circle and his rising slap shot beat Cam Talbot, who was partially screened in front by Buffalo's Kyle Okposo. Ristolainen also had two assists.

Kane forced overtime by converting a rebound in front. O'Reilly's shot from the right circle hit the right post and bounced into the crease. As Edmonton defenceman Kris Russell was attempting to clear the puck, Kane slapped at it and sent it into the open side.

Kane's third goal of the season made up for a costly cross-checking penalty, which resulted in Draisaitl deflecting in McDavid's pass for a power-play goal that put the Oilers ahead 3-2 with 10:01 left.

After Buffalo scored twice in the first period, the Oilers tied the game with two goals in a span of 105 seconds in the second.

It was the second meeting between McDavid and Buffalo's Jack Eichel, the first two players selected in the 2015 draft. Eichel had an assist on Ristolainen's goal.

In their first meeting on March 1, McDavid scored the opening goal 22 seconds in and then sealed the 2-1 win 3:48 into overtime.

The Oilers were the more rested team, having travelled to Buffalo on Monday following a 2-1 overtime home loss to Minnesota on Sunday. The Sabres were coming off a 3-2 overtime loss at Washington on Monday night.

McDavid snapped a two-game point drought and now leads the league with 36 points. He has never gone without a point in three straight in 73 career games.

The Oilers play at Philadelphia on Thursday night.

THE ASSOCIATED PRESS

Sabres goalie Anders Nilsson makes a save on Oilers forward Ryan Nugent-Hopkins on Tuesday night in Buffalo. JEFFREY T. BARNES/THE ASSOCIATED PRESS

IN BRIEF

Canucks enter Hall of pain against Devils

Taylor Hall scored a goal, set up a go-ahead tally by Kyle Palmieri and delivered a crushing check that knocked Vancouver defenceman Philip Larsen out of the game to lift the New Jersey Devils over the Canucks 3-2 on Tuesday night.

New Jersey remains the NHL's only team not to lose at home in regulation.

THE ASSOCIATED PRESS

Islanders beat city rivals

Andrew Ladd scored in the second period and Jaroslav Halak stopped 36 shots to lead the New York Islanders to a 4-2 victory over the crosstown-rival Rangers on Tuesday night.

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Flyers tame Panthers for their sixth straight win

Jakub Voracek scored with 8.6 seconds left in overtime after Wayne Simmonds had two goals in regulation, leading the Philadelphia Flyers to their sixth straight victory, 3-2 over the Florida Panthers on Tuesday night.

Steve Mason, who earned the NHL's First Star of the Week on Monday, made 42 saves and won his fifth straight start.

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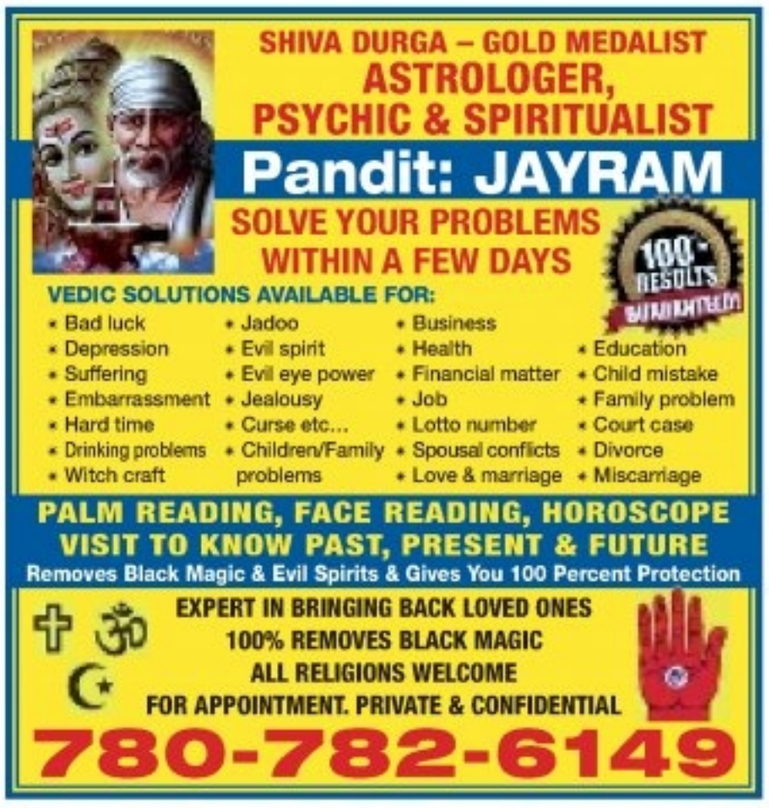

Perez fires Arsenal to top

CHAMPIONS LEAGUE

Spaniard takes advantage of rare start, Iwobi also on target

Arsenal easily beat Basel 4-1 to finish top of its Champions League group on Tuesday, powered by a hat trick from little-used forward Lucas Perez.

Getting a rare start, the Spanish forward gave Arsenal a three-goal lead by the 47th minute as the visitors coasted to victory. Mesut Ozil's delightful assist let Alex Iwobi score in the 53rd before Basel substitute Seydou Doumbia struck a consolation goal in the 78th.

Arsenal unexpectedly finished atop Group A, rising above Paris Saint-Germain which drew 2-2 at home to winless Ludogorets Razgrad.

As a group winner, Arsenal is seeded in Monday's draw for the Round of 16, hoping to avoid a seventh straight exit at that stage.

Arsenal will avoid the likes of Barcelona and Atletico Madrid but the pot of unseeded teams is stronger than usual.

One possible opponent is Bayern Munich which ousted Arsenal in the first knockout round in 2013 and '14.

Another option is either Real Madrid or Borussia Dortmund, which play Wednesday in Spain with leadership of Group F at stake. Arsenal completed its 17th straight successful group stage with a deserved win on a cold night in Switzerland.

Lucas Perez has made little impact in north London since a deadline-beating move from Deportivo La Coruna in August.

Still, the 28-year-old forward scored his first Champions League goal in the eighth minute and scored in almost identical fashion eight minutes later. Each time, left back Kieran Gibbs was found deep in the Basel area. First a cross, then a shot, flashed across the goalmouth for Lucas Perez to tap in with his left foot at the far post.

The hat trick goal was more impressive, as Lucas Perez advanced into the path of the ball 15 yards out to shoot right-footed across the dive of goalkeeper Tomas Vaclik.

Ozil's visionary assist was the key to Arsenal's fourth. A fast, direct break saw the Germany playmaker surge into the Basel penalty area and deceive defenders who expected him to shoot by clipping a reverse pass for Iwobi to score easily from close range.

THE ASSOCIATED PRESS

TUESDAY In Switzerland

1	4
BASEL	ARSENAL

RESULTS

- Basel 1, **Arsenal 4**
- PSG 2, Ludogorets 2
- Benfica 1, **Napoli 2**
- **D. Kiev 6**, Besiktas 0
- **Barça 4,** Bor. M'Glad 0
- Man City 1, Celtic 1
- **Bayern 1,** Atl Madrid 0
- PSV 0, FC Rostov 0

Arsenal's Spanish forward Lucas Perez celebrates netting a hat-trick in front of Basel's Czech goalkeeper Tomas Vaclik on Tuesday in Basel, Switzerland. PATRICK HERTZOG/AFP/GETTY IMAGES

IN BRIEF

49ers stick with Kaepernick
Colin Kaepernick is keeping his starting job after getting benched during one of the worst performances of his career. Niners offensive coordinator Curtis Modkins said Tuesday that the embattled quarterback will start when San Francisco (1-11) hosts the Jets (3-9) on Sunday.
THE ASSOCIATED PRESS

California defeat Princeton in Pearl Harbour Invitational
Charlie Moore scored 15 points to lead four players in double figures and California pulled away from Princeton 62-51 in the Pearl Harbor Invitational Tuesday.

Jabari Bird scored 11 of his 13 points after halftime and Sam Singer and Grant Mullins added 11 points apiece for the Golden Bears (7-1).
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ICE SKATING

Chan wants calm at Grand Prix

Patrick Chan knows if he's to find success at the Grand Prix Final this week, he has to keep his eyes off the scoreboard.

The three-time world champion from Toronto is part of Canada's strongest team ever at this week's final in Marseille, France, and expects some sky-high scores in the men's field.

"My biggest challenge is trying to keep my nerves at bay and staying calm," Chan said.

"I'm competing against the top five in the world, it's kind of the all-stars of the season. My biggest goal and my biggest challenge is not to get too taken back, too distracted by the jumping competition going on.

"Scores are going to be put up, at this point we know there's going to be record-breaking scores, there's no doubt about it."

Patrick Chan GETTY IMAGES

The Grand Prix Final features the top six skaters in the Grand Prix standings in each of the four disciplines. Canada is sending entries in all four disciplines for the first time ever, due to Kaetlyn Osmond's successful Grand Prix season. She's the first Canadian to make the Final in women's singles since Joannie Rochette in 2009.

Chan, meanwhile, has won a pair of golds, a silver and bronze at the Final, and finished fourth last year in his comeback season. He'll face a trio of huge jumpers in Japan's Olympic champion Yuzuru Hanyu, Shoma Uno of Japan, and American Nathan Chen. Chan beat Hanyu to win Skate Canada, and then roared back from third-place after the short program to win the Cup of China. Chan paused on a recent conference call when asked whether he believes he can win in Marseilles.

"Well, I didn't really go into either of my Grand Prixs, especially Cup of China, with any expectation to win," he said. "At this point in my career, if I'm doing it for the results, if I'm doing it for winning as many gold medals as possible, I'm setting myself up for failure.

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MAKE IT TONIGHT

Savoury Salmon Cakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

In the run up to the holidays, it feels good to add some lighter dinners to your roster (we all know what's coming!). These lean yet satisfying salmon cakes fit the bill perfectly.

Ready in 1 hour 10 minutes
Prep time: 50 minutes
Cook time: 20 minutes
Serving: 6

Ingredients
- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow them to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

3. Form into about 12 patties - about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes — don't over crowd the pan, you'll have a hard time flipping them — for about five minutes a side.

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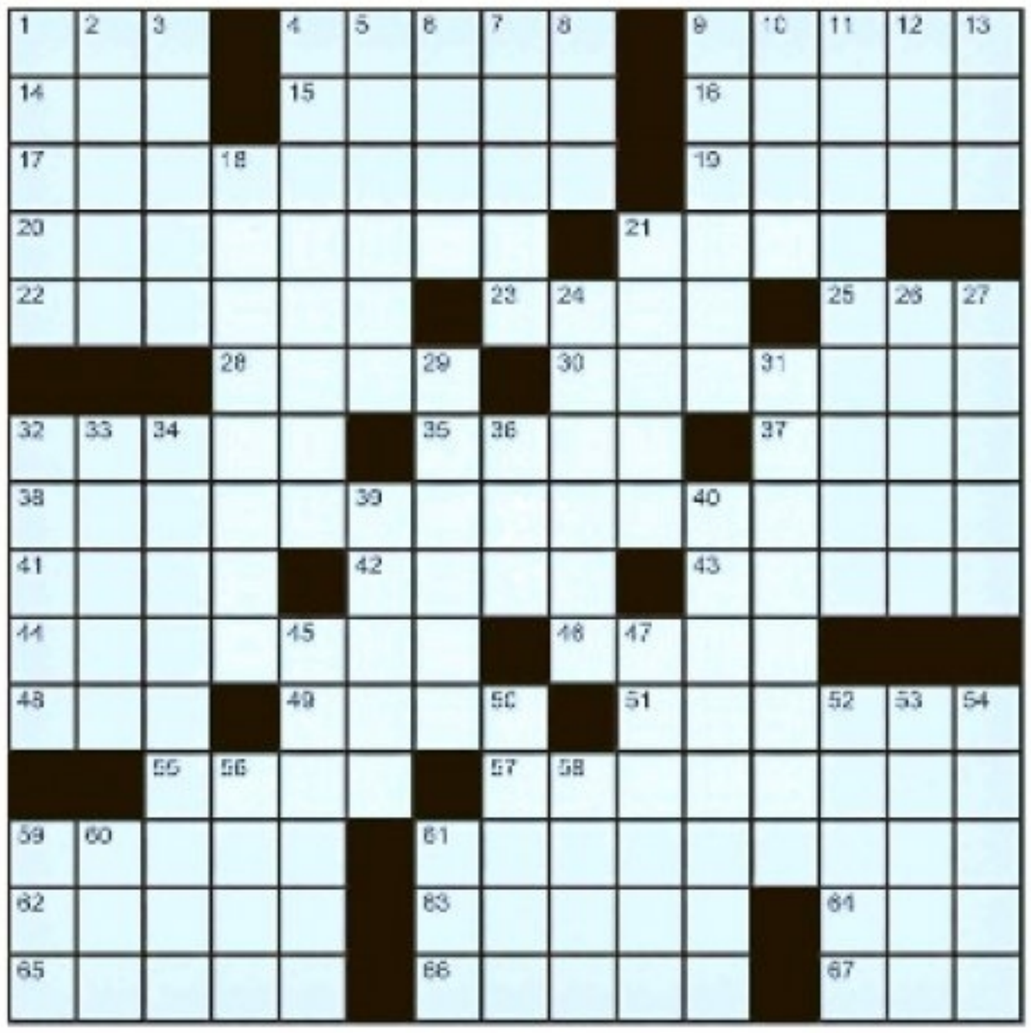
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Famous British mysteries writer (b.1890 - d.1976) ...her initials-sharers
4. Fern 'seed'
9. The __ Land (T.S. Eliot poem)
14. __-Jongg
15. Reserved, as a restaurant table
16. Be of service
17. Teaching
19. Yearned
20. One of the chosen
21. "__ Me Kate" (1953)
22. Position
23. Hold off
25. Ship signal
28. Pet fish's home
30. Three-pronged spear
32. Make it on Billboard
35. 1949-created intl. alliance
37. Famed designer of Art Deco
38. CRTC = Canadian __-__ and Telecommunications Commission
41. Antiquities
42. Richard Burton war movie, "The Desert __" (1953)
43. Drums partners in marching bands
44. Cafe in Joni Mitchell's "Carey"
46. Plucked guitar string sound
48. Lid's protectee
49. Piquancy
51. Becomes keyed up
55. Gulf War missile
57. Isn't dignified, is this
59. Dancer in Madonna's "Vogue"
61. Finishes up a client's hair at the salon: 2 wds.
62. Bless with oil, quaintly
63. Take __ at (Attempt)
64. Purchaser's li'l slip
65. Survives
66. The Congo's former name
67. Scottish songstress Ms. Tunstall, et al.

DOWN
1. Makes __ (Is untidy)
2. Future soldier
3. Legendary NFL coach Don
4. Quick-and-clipped, as in music
5. "Eight Is Enough" star, Dick Van __
6. "__ from Muskogee" by Merle Haggard
7. Freshen
8. High School subj.
9. Elk
10. Notice: French
11. Helvetica's style as a typeface
12. Catch up, in sports
13. Long ago
18. Moderatism
21. Russian ballet company
24. Certify
26. The way ballerinas dance: 2 wds.
27. British WWII submachine guns
29. Works the bread dough
31. Member of the Order of Canada... Simon Chang's occupation
32. Dare Maple Leaf __ Cookies
33. "The Sixth Sense" (1999) star, __ Joel Osment
34. Mailing destinations
36. Carol of fashion covers
39. Sampled
40. Just in case a situation calls for it: 3 wds.
45. Blue tones
47. Pacifism shmacifism ...put up your dukes!: 2 wds.
50. __, Oklahoma
52. Insincere smile
53. President-__ Donald J. Trump
54. Methods, for short
56. Human of Hibernia
58. Posh way to exclaim "That wasn't my fault!": 2 wds.
59. Chum
60. "Diva __ __ Dime"
61. Australian director Mr. Luhrmann

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't worry if you feel uncertain or indecisive about things today. That's just the way things are. In fact, a lot of people feel this way today.

Taurus April 21 - May 21
You might be confused by a friend today. Or this confusion could relate to your dealings with a group, club or association. Obviously, don't volunteer for anything.

Gemini May 22 - June 21
Dealings with parents, bosses and VIPs are uncertain today. If you're not sure what's happening, do nothing. Don't volunteer; don't agree to anything important.

Cancer June 22 - July 23
This is a good day to break free from your usual routine. You will appreciate the arts and crafts of other cultures today, however, avoid major purchases. Just shop with your eyes.

Leo July 24 - Aug. 23
This is a poor day to make important financial decisions, especially regarding inheritances and shared property. Wait until tomorrow to do this.

Virgo Aug. 24 - Sept. 23
Be co-operative with others today, because the Moon is opposite your sign. However, postpone important discussions until tomorrow. Just coast today and keep things light.

Libra Sept. 24 - Oct. 23
Your work routine will be interrupted with silly mistakes and delays today. It's hard to really get going and become productive. Don't be tough on yourself, because everyone feels this way today.

Scorpio Oct. 24 - Nov. 22
This is a wonderful, creative day for you! If you work in the arts or the entertainment world, you will be productive. Enjoy social activities and playful times with children.

Sagittarius Nov. 23 - Dec. 21
Today you might want to hide at home and keep a low profile. During family discussions, do not agree to anything important. Sleep on it.

Capricorn Dec. 22 - Jan. 20
Short trips and conversations with everyone will please you today. This is a good day to fill your databank, but postpone making important discussions until tomorrow.

Aquarius Jan. 21 - Feb. 19
Guard your finances today. Do not shop for anything other than gas or food. This is a loosey-goosey day that is poor for making financial decisions.

Pisces
Feb. 20 - March 20
Today the Moon is in your sign, which makes you more emotional. However, you also feel a bit aimless and without direction. This feeling will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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1	9		6				8	
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9	3	2	6	4	5	8	1	7
6	5	4	1	9	7	2	3	8
8	2	1	4	5	3	7	6	9
7	9	3	8	2	6	4	5	1
5	4	9	7	6	2	1	8	3
2	1	8	5	3	4	9	7	6
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